

Retiree News

A Supplement to the Desert Airman

Friday, Oct. 26, 2001

Auto registration

Check the Davis-Monthan Air Force Base vehicle registration decal on your vehicle. If it says 2001 you can renew now.

A valid state vehicle registration form (temporary registrations are not accepted), proof of insurance, a valid state driver's license and a military or Department of Defense ID card are required. Motorcyclists should bring their safety cards.

You can reregister at pass and registration in Building 3200, or at the visitor's center at the main gate on Craycroft Road.

Pass and registration hours of operation are from 7:30 a.m. to 4 p.m., Monday through Friday. The hours of operation for the visitor center are from 6 a.m. to 6 p.m., Monday through Friday except holidays.

For more information, call pass and registration at 228-3224.

Retiree Appreciation Day

A Retiree Appreciation day is being planned for Feb. 5. It will include an orientation about medical, pay, and legal benefits and changes. Not all the activities for the day are yet organized. Watch the *Desert Airman* for additional details. For now mark the date on your calendars and plan to participate.

Society of Military Widows

The Society of Military Widows, Chapter 14, will meet for lunch at the Davis-Monthan Air Force Base Officer's Club November 17, December 15 and January 19. Social hour begins at noon and is followed by lunch, which costs \$8.50. For reservations call Luise Bell, 790-6775, one week prior to the meeting.

The society welcomes widows of service members of all ranks and services who died on active duty and in retirement. For more information call Shirley Degan at 574-9479.

Flu shots



A flu vaccine supply shortage is predicted for the 2001-2002 season. Manufacturing difficulties are the cause again this year. The Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices recommends extending the optimal time for vaccinating high-risk individuals from mid to the end of November. Additionally, ACIP recommends continuing to vaccinate individuals through December and later if influenza is circulating in the area.

Retirees and other eligibles can get influenza shots in the Tucson community, at their physician's offices, and at the Davis-Monthan Air Force Base immunization clinic (after active duty members have been immunized). For more information, call 228-2544.

The vaccine is recommended for people 65 years and older and for anyone who, because of an existing medical condition, is at an increased risk for complications of influenza. Also, high-risk persons who have not received the pneumonia vaccine should request it from their provider to help prevent some of the serious complications from influenza. (Sept./Oct. 2001 issue of Prevention Bulletin, Arizona Department of Health Services)

Officials inform retirees about TRICARE

TRICARE information can be obtained from a number of sources; telephone, magazine articles, literature provided by TRICARE, and internet web sites to name the most common.

If you have received TRICARE and senior pharmacy information in the mail, the Defense Enrollment Eligibility Reporting System (DEERS) program has your correct address. If not, call DEERS at 1-800-538-9552 or locally at 228-4425.

Hopefully you have signed up for Medicare Part B, made a decision about when to stop your insurance supplement (if applicable), notified TRICARE and your insurance carrier of that decision, and are carry the TRICARE For Life (TFL) card that came with your information from TRICARE.

The Senior Pharmacy Program is reportedly working quite well and hopefully the transition to TRICARE For Life will go as smoothly.

If you need more assistance, the following toll-free telephone numbers and web sites may help with your healthcare questions.

* Senior Pharmacy Program -1-877-363-6337, <http://www.tricare.osd.mil/pharmacy/>

[newsenior.htm](http://www.tricare.osd.mil/newsenior.htm)

* National Mail Order Pharmacy - Merck Medco - 1-800-903-4680, http://www.tricare.osd.mil/pharmacy/mail_order.htm

* TRICARE For Life - 1-888-363-5433, <http://www.tricare.osd.mil/tfl>

* Medicare - 1-800-633-4227, <http://www.medicare.gov/>

* TRICARE Retiree Dental Plan - Delta Dental - 1-888-838-8737, <http://www.tricare.osd.mil/tricare/beneficiary/supprog.html>

* TRICARE Local Region (Triwest Healthcare Alliance) - 1-888-874-9378, <http://www.tricare.osd.mil/regionalinfo/list.cfm?RegionID=8>

* Other TRICARE and TRICARE related numbers are available online at <http://www.tricare.osd.mil/tricare/phonenumbers.html>

* The TRICARE Service Center at the D-M Clinic asks us to update our addresses and phone numbers when we move. Visit them in Bldg. 417, or call appointments at 228-2778.

RAO seeks volunteers

Volunteers are always needed at the locations where the retiree activities office provides assistance. If you have a few spare hours, consider volunteering. Volunteering on a regular basis or just for a time is all appreciated. If you can help, contact us and a volunteer will discuss with you where the needs are and also find out your talents and desires. The Volunteer Income Tax Assistance program is also actively seeking volunteers. Helping with this program may meet your interests (See related article).

Most of you may be aware that during this time of heightened alert due to the terrorist attacks on September 11, that movement

about the base is more tightly controlled. Volunteers continue to work in buildings where access to the buildings are monitored by military personnel. Retirees and family members have had limited access to the Retiree Activities Office because the building is locked and doesn't have a monitor. You can talk to volunteers or leave messages on the phone and someone will get back to you. Hopefully, by the time this is published, access to the office will again be available.

Call the RAO at 228-5100. You can also e-mail: retired@dm.af.mil or write: Retiree Activities Office, 5345 East Madera Street, DMAFB, AZ 85707.

What to do when an annuitant dies?

Upon the death of an SBP annuitant, notify the Defense Finance and Accounting Service, Denver Center, at 1-800-435-3396. You will need to have the following items handy: social security numbers of both the deceased annuitant and deceased spouse, the annuitant's date of death, and the name, address, and telephone number of the next of kin or other contact; also indicate who will be sending a death certificate.

The annuity ceases the end of the month prior to the month of death. Therefore, any annuitant payments received the month of death and after must be returned. It is important to make immediate notification in order to avoid any indebtedness.

(RAO Newsletter, Sheppard AFB, TX, Jan.)

VITA in need of volunteers during tax season

Do you like to help people? Would you like to understand the income tax system better? Have you used the Volunteer Income Tax Assistance (VITA) service in the past and thought it might be interesting to volunteer there?

If so, the Davis-Monthan AFB VITA program may be just what you are looking for! We are always in need of additional volunteers for the upcoming income tax season.

The D-M VITA program is jointly sponsored by the IRS, the Wing Legal Office, and the Re-

tiree Activities Office. Free training and materials are provided by the IRS, the Arizona Department of Revenue, and VITA. VITA volunteers provide help to taxpayers with questions and assist them in preparing and filing federal and state tax returns free of charge. We are also in need of a few volunteers to staff our reception desk. It's a great service to the base community, but we need your help to keep it going.

Volunteers attend a one-week training

course in January and generally volunteer in the office one day each week from February through April 15th. The schedule can be arranged to accommodate your other commitments.

If you think you might be interested in volunteering or just have some questions, please call Armen Dermen at 749-4812, or Tom Rankin at 885-4218. You may also call the Retiree Activities Office at 228-5100 or the VITA office at 228-3489 and leave a message.



Sanchez
BURRITO CO.

Home of the Famous

Giant Burrito

Sonora Style Mexican Food • Family Owned and Operated

2350 N. 1st Ave. 6875 E. Sunrise

(between Grand & Glenn)

(Kolb/Sunrise)

622-2092

615-5400

1060 N. Craycroft

(south of Speedway Blvd.)

747-0901

*Sanchez Burrito Co. is proud to
support our military troops*

**50%
MILITARY DISCOUNT**

Beverages not included. With valid Active Duty military I.D. Only. Expires Jan. 2002

To Our Military Forces...



We
thank
you for
your help
and support
during these
difficult times.



Santa Rita Care Center

520-625-0178 • Fax 520-648-5099 • 150 N. La Cañada • Green Valley, AZ 85614

CASA seeks volunteers

The Honorable Deborah Bernini, Presiding Judge of the Pima County Juvenile Court, has appealed to the Tucson community for people to serve as CASA volunteers.

Volunteers work with judges, case managers, attorneys, and families involved in Pima County Juvenile Court child abuse and neglect cases. They gather information concerning a case and report back to the judge.

Pima County has about 2300 active child abuse and neglect cases. There are presently 200 CASA volunteers, and the State of Arizona Administrative Office of the Courts has asked the county to recruit, train and assign at least 160 new volunteers. This would allow the county to help at least 300 additional abused children who need someone to usher them through the system and serve as their voice in court. CASA volunteers work around their own schedule, donating an average of 10-15 hours a month on a case. Volunteers only work one case at a time and the work is all done in Pima County. To apply, a person must be 21 years old or older, complete an application, personal interview, background check, polygraph exam, and two-day orientation training. There is no special background or education re-

quired to volunteer. If you would like to learn more about CASA, or to sign-up, please call (520) 740-2060.

(Carmella Bridges, CASA Program Coordinator)

Are you moving?

If you receive the Desert Airman in the mail quarterly, please notify us when you move. This notification is in addition to notifying your branch of service when you move. Notify the RAO by phone: 228-5100; mail Retiree Activities Office, 5345 East Madera Street, DMAFB, AZ 85707; or e-mail: retired@dm.af.mil.

If you decide you no longer wish to receive the retiree news, let us know also.

Pharmacy

Due to heightened security since the tragic events of Sept. 11, there is increased inconvenience in picking-up your prescriptions and refills.

Longer waits, having to park some distance from buildings, and more ID checks should be expected.

Rather than take your frustrations out on the people who serve you, thank them.

Effective December 1, hours for receiving and processing civilian prescriptions will change to 7:30 am to 4:30 pm.

Hours for other business remains the same.

Lab test standards

Do you know your cholesterol numbers? Do you know what are considered normal results? Recently the local Sunday paper's Parade magazine listed normal results as did the Fall 2001 issue of Southern Arizona VA Health Care System's newsletter, Health Trends. It's fine to be reassured that your blood work is normal. It's better to keep a record of your cholesterol numbers. Over time you may be able to determine if you need to change behavior (for example, diet and exercise practices) to help improve those numbers.

Total Cholesterol: Less than 200 mg/dl is desirable, 200-239 is borderline high, and 240 is high. LDL (low density lipoprotein) is considered "bad" cholesterol. Less than 100 is best, but up to 130 is acceptable. HDL (high density lipoprotein) is considered "good" cholesterol. Since it is helpful, high levels are good, with 29-89 being normal, but 60 or more is optimal.

Triglycerides can increase the risk of heart disease by contributing to fatty deposits in the arteries. Acceptable levels are between 35-160 with 200 or more high.

To make your next lab tests more meaningful:

* Tell the lab technician about the medications you take since they can affect results.

* Sit quietly for 5-15 minutes before your blood is drawn.

* Follow orders about eating, drinking, and exercising in the 12 hours before your test.

* Ask your doctor to thoroughly explain your results.

JAY'S OF TUCSON

Beads & Supplies - Southwestern Gifts
Jewelry - Indian Arts - Moccasins - Tee Shirts

WE SUPPORT OUR TROOPS!

Classes Available
4627 E. Speedway at Swan
323-1123 • Open Mon - Sat 9-6

We Salute
Davis-Monthan AFB!

Amado
TERRITORY
Ranch

Quiet, ranch-style BnB with delicious breakfasts, luxury beds, private baths and balconies overlooking the Santa Rita Mountains. High desert beauty; birds, stars and Sonoran wildlife, 30 miles south of Tucson, close to Tubac Art Center. 3-star, AAA rating. For more information and reservations
Call (toll Free) 1-888-398-8684

Visit our website at www.amado-territory-inn.com

Thanks To All Veterans!

MOUNTAIN VIEW SPORTS

Come check out our Eastside store in Monterey Village
You won't believe the selection!

10%
Military
discount

- NFL, MLB, NBA, NHL CARPS
- HUGE SPORTS CARD SELECTION
- MAGIC THE GATHERING, POKEMON
- LOGO-LICENSED PRODUCTS NFL/NBA/MLB/NHL
- GREAT GIFT IDEAS: PENNANTS, POSTERS, MUGS
- BEST SELECTION • GREAT PRICES

10%
Military
discount

**2 Convenient
Locations:**

Tucson Mall
(Upper Level)
292-9827

Eastside
6224 E. Speedway Blvd.
745-5660

*We appreciate
our military
yesterday, today
and tomorrow!*

Desert Toyota

7150 E. 22nd St.
Tucson, AZ 85710
296-8535



DESERT DIAMOND CLUB

Join our club. As a Desert Diamond Club member you'll earn extra cash and gifts as you play your favorite games, super slots, high-stakes bingo, live poker and keno. Plus we have the food you love, from appetizing sandwiches to elegant fine dining. This Diamond has it all.

The new Desert Diamond Casino, Southern Arizona's Premier Casino. Just 7 minutes south of Tucson on I-19.

Phone (520) 294-7777 - www.DesertDiamondCasino.com



Club Sandwich



Must be 18 to enter gaming areas. Open 24 hours a day.
An Enterprise of the Tohono O'odham Nation.



What to do if your purse/wallet is stolen

This advise came by e-mail and the original author is not known, but it contains some very helpful information.

If you are unfortunate and have your wallet or purse stolen, do the following immediately to prevent or limit the damage a thief can do to your credit and debt responsibility.

- * Cancel credit cards immediately. To do this you'll have to have your credit card number and the company phone number recorded somewhere handy to you.

- * File a police report immediately in the jurisdiction where the theft occurred. This proves to credit providers that you were diligent, and is a first step toward a potential investigation.

- * Notify your bank and the motor vehicle department if bank numbers and your driver's license are stolen. Also notify the Social Security Administration fraud line at 1-800-269-0271.

- * Call the three national credit reporting organizations to place a fraud alert on your name and social security number. The alert

means any company that checks your credit knows your information was stolen and they have to contact you by phone to authorize new credit. The numbers are:

Equifax - 1-800-525-6285

Experian (formerly TRW) - 1-888-397-3742

Trans Union - 1-800-680-7289

Protect information about yourself. Do not give out your social security number, bank account numbers, credit card numbers, driver's license number, etc. to anyone who solicits this information from you by phone, internet, e-mail, letter or in person. If it doesn't feel right it needs caution on your part. Don't be careless with bank statements and credit card bills. They contain much information a thief could use to steal from you.

Whether your purse or wallet is stolen or a thief obtains information about your financial status from other sources, canceling and notifying will help limit the damage to your financial health and help reduce the stress such an event causes.

'Gifting club' scam

When is a gift not a gift? When it's a "gotcha" scam. In a scam spreading throughout the mid-Atlantic states and the Pacific Northwest, people pay to join a "gifting club," billed in promotional materials as a private club with members eager to help new friends - often from within their own neighborhood or church group.

In reality, the clubs are illegal pyramid schemes. New club members give cash "gifts" to the highest ranking club members, with titles such as "captains." If they get additional members to join the club, new members are promised they too will rise to become captains and receive money - far more than they initially paid to join the club - from newer club "friends."

The problem is, like most pyramid schemes, illegal gifting clubs must continually recruit ever-increasing numbers of members to survive. When the clubs don't attract enough new members, they collapse. Most members who paid to join the

clubs never receive the financial "gifts" they expected, and lose everything they paid to join the club. If you are approached about joining a club but you aren't sure if it's an illegal gifting club, the Federal Trade Commission reminds you to:

- * Consider that a legitimate gift has no strings attached and is not an "investment."

- * Avoid being misled into thinking a gifting club is legitimate because the ads say that members consider their payments a gift and expect nothing in return. This is an attempt to make an illegal transaction look legal.

- * Be wary of success stories or testimonials of tremendous payoffs. Very few members of illegal gifting clubs or pyramid schemes ever receive any money.

- * Take your time. Don't buckle under to high-pressure sales pitches.

If you think you have been victimized, contact your local consumer protection agency, or

See SCAM Page 7

Save an innocent animal's life! Adopt a pet at your local animal shelter today & have a friend for life!



The Tucson Chapter of the Air Force Association salutes all the men and women from Davis-Monthan AFB.

Join the AFA & meet people active in the Tucson community.
For membership & Information call:
RAY CHUVALA 747-2738

Visit the Aerotech News website!
www.aerotechnews.com

The Makings of a Perfect Escape

All the comforts of a motor home. All the ease and efficiency of driving a van. Discover why Roadtrek is the best selling North American camper van.



Roadtrek

SALES • SERVICE
SUPPLIES • L.P. GAS
(Miracle Mile at I-10)
1451 W. Miracle Mile
Tucson, AZ 85705



R.V. CENTER INC.

(520) 884-8866

TUCSON THRIFT SHOP for HALLOWEEN COSTUMES

319 N. 4th Avenue
623-8736
M-S 10-6, Sun 12-5
(Open later near Halloween)

ROYAL CAR WASH



4600 E. Broadway (West of Swan)
881-6565

1919 E. Ft. Lowell (at Campbell)
322-5592

\$5⁰⁰ OFF

- Full Service Superwash
- Blue Coral Polish Wax
- Polysealant
- Tire White
- Choice of Fragrance

Vans & Suburbans extra. Valid only with coupon.
Not valid with any other offers.
Expires 1/31/02

NOW ONLY
\$6⁹⁹
\$11.99 VALUE

Do you think you may be eligible for VA benefits?

If you think you have a condition that makes you eligible for VA compensation or pension, the following is the process to find out. But first some definitions: Compensation is a benefit paid to veterans whose disabilities are the result of military service (service-connected), while a pension is a benefit paid to veterans whose disabilities are not related to service but who have financial difficulties and have served during wartime (nonservice connected).

* Call toll-free 1-800-827-1000 and request that an application be sent to your home. Find out the VA Regional Office (VARO) nearest you and where you should send the completed application. Find out who to contact if you need help completing the form. It could be someone at the VARO or a veteran service organization.

* Once the application is received, the VA will gather information to support your claim. Provide the VA with copies of medical records from your private physician.

* Eventually you will be scheduled for an evaluation at your local VA medical center. The examination helps determine the degree of your disability or medical condition. The results are sent to the VARO

* All the medical evidence and other documents to support your condition are evaluated and rated by the VARO. Evaluation decisions are based on laws established by Congress.

* Once the rating is completed, the VARO will notify you of the decision. They will include reasons to grant or deny benefits and explain your right to appeal.

You can help:

* Be as thorough as possible in completing your application.

* Respond quickly when the VARO asks for additional information.

* Keep scheduled medical appointments.

* Provide copies of medical records from your private physician.

* Keep your address and phone number current with the VARO.

* Always sign your forms.

* Put your VA claim number and your name on everything you send to the VA.

* Notify the VARO if there is a change in your medical disability or if you wish to be evaluated for additional disabilities.

* Keep and date copies of everything you send and receive from the VA.

(Excerpts from "Health Trends", Winter 2001, Southern Arizona VA Health Care System)

Help for heartburn

An estimated 60 million adults suffer from uncomfortable regurgitation after a meal. Gastroesophageal reflux disease (GERD) is a digestive disorder affecting the muscle that connects the esophagus with the stomach. The muscle relaxes, allowing stomach contents back into the esophagus, resulting in heartburn. Antacids and prescription medications can help, but so can the following lifestyle changes.

* Eat small meals early in the evening. Never lie down right after eating.

* Don't eat foods that trigger your heartburn. The foods are different for each person.

* Avoid tobacco, which irritates the digestive tract.

* Drink in moderation since alcohol can cause GERD

* Lose weight. Obesity contributes to GERD and sometimes even a few pounds can improve digestion.

* Exercising may help, but never do so right after a meal.

* Don't take aspirin, ibuprofen, and painkillers. These may contribute to heartburn.

* Reduce stress, which can worsen GERD symptoms.

* Wear loose clothing.

* Sleep with your upper body (chest and shoulders) elevated.

(Fall 2001 issue of Health Trends, Southern Arizona VA Health Care System)

M-F 8-5
SAT 8-3

TuneTech, Inc.
TUNE-UP SPECIALISTS

WE SUPPORT DAVIS-MONTHAN AFB!

\$5 OFF ANY SERVICE
with coupon

745-8487

7120 E. GOLF LINKS RD. • GOLF LINKS & KOLB (SE CORNER)

Best wishes to all our friends
at Davis-Monthan

**TRANSMISSIONS
UNLIMITED**

1537 S. Craycroft
Tucson, AZ • (520) 790-6720

THE MANOR AT MIDVALE
Gracious Retirement Living

6250 S. Commerce Ct.
Tucson, AZ 85746

WE SALUTE DMAFB

**B&R MATERIALS
CORPORATION**

Sand & Gravel Products
Eastside Plant & Main Office
4200 S. Harrison • PO Box 18138
Tucson, AZ 85731
298-2371

Mountain View Restaurant
1220 E. Prince Rd. • 293-0375

Newly Remodeled & Open with a New Menu!
We Salute DMAFB!

Open Daily 11:00 a.m. - 9:00 p.m.

**DISCOUNT COPIER
& COMPUTER SUPPLIES**

- Quality Remanufactured Copier, Laser Printer & Fax Cartridges
- Brand Name Supplies For All Your Office Equipment
- Office Supplies
- Free Delivery

Phone 520-624-6806
Fax 520-624-7077

55 W. Adams St., #206
Tucson, AZ 85705

USE YOUR ADVERTISING DOLLARS WISELY!

Advertise in the next issue of the Desert Airman.

Call to place your ad in our next issue! (520) 623-9321

Display of the American Flag

Since the attack on America on September 11, 2001, many people have been flying the flag as a show of support and commitment to our country, our leaders, and as a sign of respect for those lost in the conflagrations. A number of people have asked whether the rules have changed especially about lighting a flag if its left up over night.

Second Lieutenant Andrade of the 355th Wing Protocol Office said the rules haven't changed, but common sense should dictate the flying of the flag. The flying of the flag should

be done with respect whether it taped in a window, on a flag pole, or attached to a holder fastened to a home or building.

For your information, some general rules for display, taken from a brochure that came with my flag, are as follows:

* It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstuffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of dark-

ness.

* The flag should be hoisted briskly and lowered ceremoniously.

* No other flag or pennant should be placed above or, if at the same level, to the right of the flag of the United States of America, except during church services conducted by naval chaplains at sea....

There are many more rules in the brochure, but these are the basics and will serve to help people to correctly display their flags. If you see an unlighted flag flying at night consider it well intended patriotism or a memory lapse, but not purposeful disrespect for the flag.

(Rita Gengler, Retiree Activities Office)

VA links Agent Orange and Diabetes

On November 9, 2000, the Department of Veterans Affairs (VA) announced that Vietnam veterans with Type II diabetes will now be eligible for disability compensation based on their presumed exposure to Agent Orange or other herbicides. The decision paves the way for a designation of "service connected disability" to be applied to any veteran who served in-theater during the Vietnam War and subsequently develops diabetes, without having to prove that Agent Orange caused the disease.

On May 9, 2001, the VA published the fi-

nal rules and Vietnam veterans with Type II diabetes can now apply to the VA for medical care and possible VA compensation. For more information, contact the nearest VA Regional Office, 1-800-827-1000.

Information on disability compensation and pensions can be obtained by calling 1-877-222-8387. For the Southern Arizona VA Health Care System, call 792-1450. Information is also on VA's website at: www.va.gov.

(RAO Newsletter, Brooks AFB, TX, Dec. 2000 and TROA's Retired Officer, Aug. 2001)

Scam

Continued from Page 5

state attorney general, 628-6504. You may also file a complaint with the FTC. Call toll-free, 1-877-382-4357, use the on-line complaint form at www.ftc.gov, or write: Consumer Response Center, Federal Trade Commission, 600 Pennsylvania Avenue, NW, Washington, DC 20580. The FTC doesn't intervene in individual cases, but information you provide may indicate a pattern of possible law violations requiring action by the FTC. The above address can also be used to request consumer information.

The Ombudsman of the Pima Council on Aging can also be contacted at 790-7262.

(Federal Trade Commission Consumer Alert as recorded in the Pima Council on Aging's "Never Too Late", March, 2001.)

**ARRIVE
ALIVE!
DON'T
DRINK
& DRIVE!**



**Cactus
Quilt
Shop**

*"Everything for the quilter"
plus Treasures!*

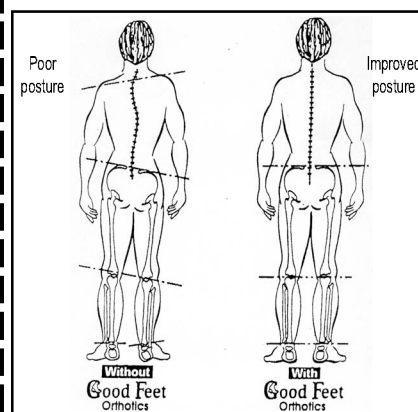
6482 N. Oracle Rd.
Tucson, AZ 85704
NE corner of Oracle
and Orange Grove

Hours: Mon-Fri 9:30-5
Sat 9:30-4:30
(520) 498-4698

*Keep up to date
with the latest
developments
in the aerospace
and defense
industries. Visit
the Aerotech News
and Review website
today!*

www.aerotechnews.com

**We support our troops and their feet.
(Get the Edge) for better strength and balance.**



"Do you have feet, leg or back problems... Come in and experience the Alzner Orthotics (as seen on T.V.) and other arch supports." Come in and visit us today.

**The
Good Feet
Store**

4444 E. Grant, Suite 115 • (520) 795-8650

**Get a FREE pair of cushions w/purchase
of an arch support
with this ad • Expires 1/31/02**

Just Getting Started in Computers?

*Let Laptops Plus Training Department
help you get started*

- Computer Basics 101 (CB101) meets 2 hours a week for 3 weeks.
- We are now located at Laptops Plus.
- One-on-one instruction available.

Call for class dates and times

Laptops Plus

*We support DM
Air Force Base!*

3017 E. Speedway
322-5258



Proud to be American

GOLDEN EAGLE DISTRIBUTORS INC
...a company that cares.